



## Navigate Grief with Confidence

### BeWellPBC Community Connectors

#### Grief, Loss, & Healing Workshop

Navigating Grief: Deepening Our Understanding

**February 28th 10am - 12pm**



**No Cost to Attend | Limited Seating**

Understanding Grief Together

Different Kinds of Loss

Healthy Coping & Self-Care

**REGISTER NOW**

**Email Katrina Blackmon**  
**[kblackmon@bewellpbc.org](mailto:kblackmon@bewellpbc.org)**

**BeWellPBC** invites you to a two-part **Grief, Loss, & Healing Workshop** created for residents and community members who want support, understanding, and practical tools for navigating grief.

This workshop offers a caring space to talk about grief and loss, learn what's normal in the grieving process, and explore healthy ways to cope so you don't have to carry it alone.

**Part I: February 28, 2026 10:00 AM - 12:00 PM**

We'll cover the basics of grief & loss, including:

- What grief is and how it can show up
- Common grief responses
- Myths and misunderstandings about grief
- Different kinds of loss (including losses not related to death)

No cost to attend | ⚠ Limited seating

Training provided by **Kaafi Counseling**

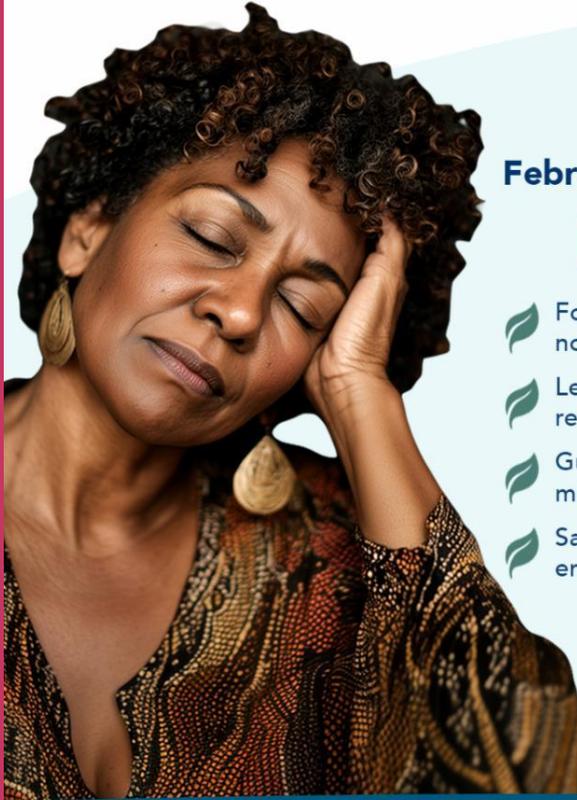
**To register: Email Katrina Blackmon at [kblackmon@bewellpbc.org](mailto:kblackmon@bewellpbc.org)**

**No-Cost Support for Grassroots Nonprofit Leaders: Compassion Fatigue Masterclass**

Rooted Impact Collective & Transcendent Living Present

# Compassion Fatigue **MASTERCLASS**

for Grassroots Nonprofit Leaders



**Cohort 1** **2026**

**February 18 | March 18 | April 15**

**No Cost To Attend**

- For mission-driven Palm Beach County nonprofit leaders feeling stretched thin
- Learn strategies to prevent burnout and renew your capacity to serve
- Guided virtual sessions rooted in mindfulness, reflection, and community care
- Safe space for honest conversations about emotional fatigue

Sponsored By:



To register and for more details: [www.rootedimpactcollective.org](http://www.rootedimpactcollective.org)

**BeWellPBC Mini-Grant Awardee Rooted Impact Collective**, in partnership with **Transcendent Living**, invites grassroots nonprofit leaders serving Palm Beach County's high-need neighborhoods to a no-cost, virtual Compassion Fatigue Masterclass.

**Cohort 1 (2026): Feb 18 | Mar 18 | Apr 15**

This series is designed for busy leaders balancing full-time work and community service. You'll learn to identify signs of compassion fatigue, complete self-assessments, and build a Personal Resilience Roadmap with practical wellness strategies to reduce stress, prevent burnout, and strengthen your capacity to serve.

Registration Form

# You're Invited: A Mindfulness & Food Gathering Series with 3 Demetrie's Eatery

**STORIES IN THE SET**  
**A Sacred Evening of Remembrance, Culture & Community**

**Wednesday, February 18, 2026**  
**5:30 pm - 8:00 pm**  
**The Hive**  
 34 SW 5<sup>th</sup> Avenue, Delray Beach, FL 33444

Join us for an intimate candlelight gathering honoring our ancestors through story, culture, and mindful connection. Evening Features:

- Candlelight Memorial** Call in the spirit of remembrance and gratitude
- Ancestor Roll Call** Speak the names Honor the lineage Hold sacred space
- Haitian Culture Education** Centered around traditional food history and ancestral honoring practices
- Mindfulness Practice** Grounding breath reflection and collective presence
- Community Food Gathering** Share nourishment stories and connection

Come dressed comfortably and respectfully. Bring a name, a memory, or a candle if you wish to honor a loved one.

Contact Montre Bennett (561) 862-3072 for more information

**SCAN QR CODE TO REGISTER**

BeWellPBC Mini-Grant Awardee 3 Demetrie's Eatery invites you to A Mindfulness & Food Gathering Series—a monthly community experience where food becomes a bridge for legacy, culture, and personal well-being.

**Come together to:**

- Learn healthy, cultural recipes rooted in African American, Caribbean, and soul traditions.
- Practice mindful eating, breathing, and reflection in community.

- Sample dishes prepared with love and intention.
- Build skills for healing, connection, and leadership through food and mindfulness.

**This is a safe, welcoming space to slow down, nourish your body, and connect with neighbors.**

**[Register Here](#)**

**Your Voice Belongs in the Circle Join Us Feb. 7th**



## ZETA PHI BETA SORORITY, INC. *Omicron Delta Zeta Chapter*

### Legacy & Resilience Circles Intergenerational storytelling and reflection



Legacy & Resilience Circles creates space for lived experience and creative response, where elders share stories and youth listen, reflect, and respond.

These gatherings center community stories told in our own voices and shared wisdom across generations. Each circle is intentional, relational, and guided with care.

Held at community spaces including churches, libraries, cultural centers & recreation facilities

**Resilience | Family | Tradition | Love | Joy | Hope**

**Session 1: Saturday, February 7, 2026 at 10:30AM**

Canyon Branch Library  
8915 Senator Joseph Abruzzo Ln  
Boynton Beach, FL 33472



**REGISTER**



@OutstandingODZ

Hosted by Omicron Delta Zeta Chapter of Zeta Phi Beta Sorority, Inc.  
For more information, email [odzdelray@gmail.com](mailto:odzdelray@gmail.com)

[www.OutstandingODZ.com](http://www.OutstandingODZ.com)

Join **BeWellPBC Mini-Grant Awardee Omicron Delta Zeta Chapter of Zeta Phi Beta Sorority, Inc.** for **Legacy & Resilience Circles**, a bi-monthly, intergenerational space where elders, youth, and neighbors gather to share stories of resilience, family, tradition, love, joy, and hope. In between sessions, stories and creative reflections are compiled for an annual anthology, which will be distributed free at program completion.

**Session 1: Saturday, February 7, 2026 | 10:30 AM**

Location: Canyon Branch Library

8915 Senator Joseph Abruzzo Ln, Boynton Beach, FL 33472

**Register:** Scan the QR code on the flyer or visit [OutstandingODZ.com](http://OutstandingODZ.com)

Questions? Email [odzdelray@gmail.com](mailto:odzdelray@gmail.com)

Let's honor 35 years of service in Delray Beach by showing up together.

[Register Here](#)

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**Thank you to our Invested Partners!**



**BeWellPBC | 700 South Dixie Hwy. #103 | West Palm Beach, FL 33401 US**

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